



## **CITY OF ROCKVILLE CROSS COUNTRY LEAGUE RULES**

### **I. AGE CATEGORY**

- A. Girls and Boys in grades 1-6.

### **II. PLAYER ELIGIBILITY**

- A. Any boy or girl who resides inside or outside the corporate limits of the City of Rockville is eligible to compete and will be assigned to a team in accordance with his/her age and school district.

### **III. ROSTERS AND FEES**

- A. Individuals will register and then be placed a team according to his/her age and school district.
- B. Registration fee per participant is \$55 for City residents; \$65 for nonresidents.
- C. Registration deadline is August 12, 2011.
- D. Teams will consist of no more than 35 individuals.

### **IV. GENERAL**

#### **A. Meet and Schedule**

Teams will participate in meets on Saturday mornings, beginning at 8am, rotating between the following sites: Rockville Civic Center Park and Woodley Gardens

Meet schedule is as follows:

October 1- Rockville Civic Center Park  
October 15- Woodley Gardens Park  
October 22- Woodley Gardens Park  
October 29- Woodley Gardens Park  
November 5- Rockville Civic Center Park

Coaches, parents, participants encouraged to attend all meets

#### **Practice Schedule**

Teams will practice one time per week on Wednesdays beginning September 7 and wrapping up on November 2. Practices will be one hour in length from 5pm-6pm or 6pm-7pm depending on the team. All practices will take place at Rockville Civic Center Park

Practice schedule is as follows:

Wednesday, September 7, 14, 21, 28  
Wednesday, October 5, 12, 19, 26  
Wednesday, November 2

#### **B. Inclement Weather Policy**

Teams are to attend all meets. Meets will run in most cases, even if it is raining. In case of severe weather, if possible, Meets “may be” rescheduled on Sunday following regular meet

(coaches will be notified by email). For cancellation information, call **Sports Weather Information Line at 240-314-5055**.

C. **Dress Attire**

Only tennis shoes permitted. No bare feet. Exercise clothing recommended.

- D. **League Director-** Jen Betts, Sports Supervisor, 240-314-8653  
**Montgomery County Road Runners Representative-** John Sissala  
**Site Supervisor-** Marsha Foster

V. TEAM EVENTS AND MEET ORGANIZATION

- A. Girls and Boys grades 1-3 will run  $\frac{3}{4}$  mile  
Girls and Boys grade 4-6 will run 1 mile
- B. Race route will be determined prior to meets. Set routes will also be provided to coaches for practice days. Race routes will use natural terrain at hand. Course marshals will be spread out throughout the race route. Montgomery County Road Runners will conduct timing and scoring of meets at the start/finish line to record scores. Course will be marked off using spray paint and/or cones.

VI. AWARDS

- A. All Cross Country participants will receive a participatory ribbon at the last meet.

VII. GUIDELINES FOR PARTICIPATION

- A. Command for starting is "To your mark, set" and whistle; "To your mark"- the starter has decided that all contestants are ready to run; "Set"- all contestants take their starting position; whistle-start the race.
- B. Legal start is when no contestant has moved from his/her starting position until after the whistle. Legal finish is when a contestant crosses the finish line with any part of the body between the neck and hips; arms not included.
- C. Contestants are not to jostle or impeded another contestant's progress.
- D. Parents are encouraged to watch the meets. Parents are not allowed on course.
- E. Team members are not allowed at the finish line. Team members are not allowed to run along the course route encouraging participants. There are timers and judges who must be able to see.